

## Bostonians Celebrate World Tai Chi Day



Sifu Bow Sim Mark (center) of the Chinese Wu Shu Research Institute performing Grasp the Bird's Tail (push) with her students. (Photo by Cody Yiu)



Students from the Wah Lum Kung Fu and Tai Chi Academy in Malden performing the 'Snake Creeps Under Leg' technique going into 'Crane Standing on One Leg.' (Courtesy of Sifu Mai Du)

By Cody Yiu

April 30 marked World Tai Chi Day. It was a day when practitioners from across the globe invited the public to experience this ancient martial art. Over the weekend, the Chinese Wu Shu Research Institute in Chinatown and the Wah Lum Kung Fu and Tai Chi Academy in Malden both gave performances of Tai Chi in the community parks.

Led by Grandmaster Bow Sim Mark, a world-renowned expert in Tai Chi, dozens of veteran instructors and students from The Chinese Wu Shu Research Institute demonstrated various forms of Tai Chi. The program featured Simplified, Combined, Chen style, and Master Mark's own short form: Taste of Tai Chi, Tai Chi sword (*jian*) and broadsword (*dao*), basic broadsword and long-handled broadsword (*kwan dao*).

Across town in Malden, another group of Tai Chi performers, headed

by Sifu (Master) Mai Du, held a demonstration at Coytemore Lea Park.

Tai Chi originated in China as a martial art and a "soft" form of internally-based self-defense. Over the years, however, Tai Chi is more known as an exercise regimen.

Master Mark wants to promote Tai Chi as a means to "be healthy." She has certainly done a great job attracting faithful followers. Some of her students have been practicing alongside her for more than three decades.

"The six characteristics of Tai Chi are that the movement is circular, relaxed, calm, continuous, and done with intent and energy," said Sifu Jean Lukitsh of the Chinese Wu Shu Research Institute. Sifu Lukitsh has been a student of Grandmaster Bow Sim Mark since the 1970's.

Beginners start by focusing on making the movement circular and relaxed. Then they advance to the calm and continuous part of the motion. "Feeling the intent and energy is considered the high-

CONTINUED ON PAGE 5

## 碧毫藝術品賞會成功舉辦



【本報記者鍾彥報道】昆士醫療中心於4月26日(週二)晚上6點至9點，在醫療中心中心麥考利(McCauley)大堂成功舉辦第三屆「碧毫藝術品賞會」。

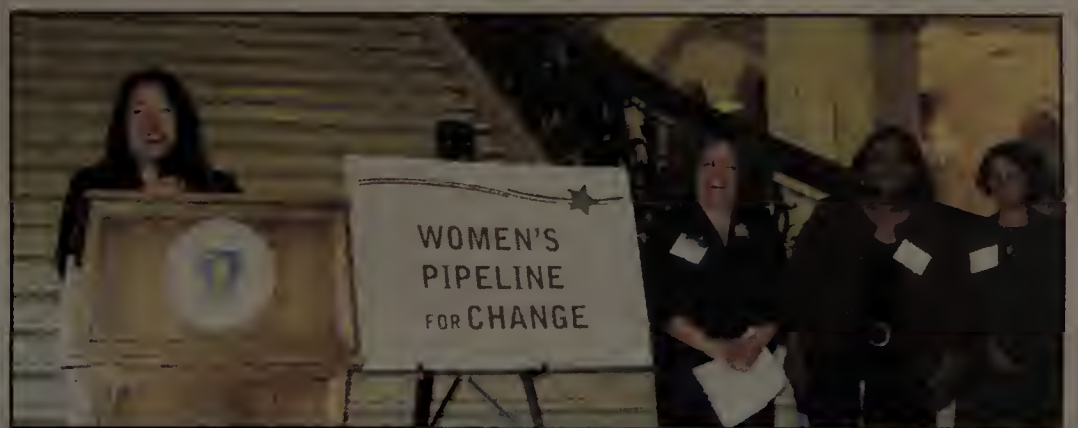
今年的「碧毫藝術品賞會」相比往年，節目更加創新，以傳統亞洲文化的美食為主，參加的包括龍鳳酒樓，Fuji1546餐廳，Beni日本餐，Shabu打邊爐餐館，以及金門超市等等。他們為品賞會提供了精美而各有特色的亞洲食品，讓觀眾不僅大飽了眼福，更大飽口福。節目及藝術形式更是精彩紛呈，亞洲傳統藝術，攝影，音樂，服

裝等都是今晚的重要項目。

今晚的藝術品賞會由Canton Musical Association的音樂表演拉開序幕，在嘉賓主持Sara Ting的詩詞朗誦中，眾贊助者和領導出席了品賞會，先有昆士市榮譽市長Thomas Koch，州代表Tackey Chan，項目的合作主席Jimmy Liang)和梅沛傑(Brian Moy)，還有昆士醫療中心目前的CEO John Kastanis，接著有品賞會的贊助商金門超市、華人醫務中心(South Cove community health center)及塔夫茨醫療中心等。

(詳文請見反面中文第一版)

## Lisa Wong named research fellow to study women of color in political leadership



Fitchburg Mayor Lisa Wong giving her remark at the State House. (By Cody Yiu)

By Cody Yiu

Fitchburg Mayor Lisa Wong is one of the five women selected to participate in a research project that seeks new initiatives to improve women of color in political leadership and civic engagement.

The Women's Pipeline for Change, a project by The Partnership for Democracy and Education on April 28 announced The Participatory Action Research Fellowship, a collaboration with UMass Boston's Center for Women in Politics and Public Policy. The launch of the research fellowship project was held at the State House.

"I am a granddaughter of a beautiful, powerful Asian woman. I am the daughter of another powerful and beautiful Asian woman. I am a sister. I am a daughter, a community activist. Three and a half years ago, I just happened to run my first

office and won...running for office is the right thing to do," Wong said in her remark.

The four other research fellows are She-neal Parker of Boston, Martina Cruz of Lawrence, Gladys Lebrón-Martinez of Holyoke and Elizabeth Cardona of Springfield. All five women are long-term community activists.

In the Commonwealth of Massachusetts, women take up 24% of the State Legislature and about 20% of all local elected officials. Presently, only one woman of color serves on the Boston City Council and one woman of color has been popularly elected Mayor in the state.

The Women's Pipeline for Change is a collaborative consists of women of color leaders, women of color-led organizations and allies that work together to build a sustainable infrastructure to support progressive women of color as they enter, navigate, and move up the ladder of political leadership.



Comic

Empty Bamboo Girl

by Lillian Chan



4-28-11



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Announcements & Event Listings

CHINATOWN

AACA to hold community forum with Julian T. Tynes, Esq.

Please join the Asian American Civic Association (AACA) and guest speaker Julian T. Tynes, Esq., Chairman of Massachusetts Commission Against Discrimination on Wednesday, May 25 from 12pm to 1pm on 4th floor, 87 Tyler Street, Boston, for a discussion on "Know Your Rights; Know the Law." Please RSVP at 617.426.9492 x312 or [rsvp@aaca-boston.org](mailto:rsvp@aaca-boston.org)

BCNC summer kindergarten preparation class

Program begins 7/5-8/31 from 8:30am-6:30pm for ages 4 to 5; meet EEC low income guidelines families. (Children who have not had a licensed preschool experience)  
Address: 885 Washington Street Boston MA 02111  
Dates: Session 1 : 7/6-31 Session 2 : 8/3-28  
For more information or to enroll your child: Contact Kathy Choi at 617-635-5129 (x1033) ; [kathy.choi@bcnc.net](mailto:kathy.choi@bcnc.net)

BOSTON

Asian Career Success Conference

What: This is the 3rd session of "Taking Charge of Your Career Success," the popular conference series uniquely designed to help Asian professionals develop critical strategies for career advancement and leadership.

Date: Saturday, May 14, 2011  
Time: 8:30 am to 4:00 pm  
Location: John Hancock Financial Services, 601 Congress Street (at D Street), Boston, MA

Who should attend: This conference is targeted for Asian professionals who are successful as individual contributors and considering to do more as a leader or manager. The conference is equally valuable for Asians who are already in leader and manager roles and want to clarify and solidify their career strategies.

For further information and to register, please visit [www.naaapboston.org](http://www.naaapboston.org)

Contact for questions: [ProfessionalDevelopment@naaapboston.org](mailto:ProfessionalDevelopment@naaapboston.org)

QUINCY

Volunteer fair at Thomas Crane Library

Explore opportunities to give back to your community and gain valuable experience for your resume or college application on Saturday, May 14 from 11:00 a.m. to 1:00 p.m. at the Thomas Crane Public Library, 40 Washington St., Quincy. Meet staff from participating organizations and get information about their services and their volunteer opportunities.

Participating organizations include the Adams National Historical Park, American Red Cross, Asian American Service Assoc., Big Brothers Big Sisters of Mass. Bay, Big Sister Assoc. of Greater Boston, Germantown Neighborhood Center, Girl Scouts of Eastern Mass., Literacy Volunteers of Mass.-Quincy, Metro Suburban RLC, Multicultural Home Care, Norfolk RSVP, Prison Book Program, Quincy Asian Resources, Inc., Quincy Homestead, and the U.S.S. Salem.

For more information, visit [thomascranelibrary.org](http://thomascranelibrary.org) or call 617-376-1301.

FUNDRAISERS

AACA 2011 Gala

Asian American Civic Association invites you to the Annual Gala 2011 to celebrate forty-four years of service to the immigrant communities in Massachusetts on Thursday, June 9, from 6:00 pm-10:00 pm at The Boston Park Plaza Hotel. Mayor Thomas M. Menino will serve as the Honorary Chair this year. Madge Meyers, Executive Vice President of State Street Corporation and Cynthia J. Wachs, Vice President of the Boston Plaza Hotel, will serve as Gala Co-Chairs. This year's Community Service Award recipient will be Chef Ming Tsai. The evening will feature a cocktail reception with hors d'oeuvres, an elegant dinner, exciting performance, and dazzling raffles. For sponsorship opportunities or tickets, please contact Chealyn Tim, [chealyn@aaca-boston.org](mailto:chealyn@aaca-boston.org) or 617-426-9492 x212.

ATASK benefit concert

On Saturday, May 14, at 8:00pm, the Longwood Symphony Orchestra will perform a special concert at The New England Conservatory's Jordan Hall, in support of the Asian Task Force Against Domestic Violence (ATASK). The concert will be conducted by Lawrence Isaacson and include Dmitri Shostakovich's Piano Concerto No. 2 in F major, Opus 102, featuring pianist Charlie Albright. For more information, please contact Kozue Sawame at 617-338-2350 x232 or [kozue@atask.org](mailto:kozue@atask.org)



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SAMPAN

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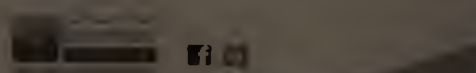
on the  
**Greenway**  
join the discussion

**Greenway Carousel  
Project Update Meeting**

Wednesday, May 18  
5:30 - 7:30PM

Greenway Conservancy  
185 Kneeland Street, Boston, MA

[www.greenwayconservancy.org/may18](http://www.greenwayconservancy.org/may18)



CHINATOWN

Chinatown: Stepping into the Future



Stella Chow, President of BCNC, welcomes attendees to the Chinatown Master Plan 2010 Funders' Luncheon. (Photo by Diana Li)

By Diana Li  
Sampan Correspondent

Over the past few decades, Chinatown has gone through an enormous amount of changes – from the Urban renewal to the Chinatown Master Plan 2000. One of the major changes is Chinatown’s demographics and the needs of the communities have increased. Chinatown Master Plan 2010’s purpose is “to set an agenda for Chinatown that strengthens it as a neighborhood and center for families, and promotes a sustainable social, economic, and cultural community.”

On April 29, 2011, Boston Chinatown Neighborhood Center, Inc hosted a funders’ luncheon to introduce the Chinatown Master Plan 2010. The Chinatown Plan 2010 received a grant for \$300,000 for two years from the Barr Foundation. With the grant and the hard work of many volunteers, the Chinatown Master Plan 2010 is able to go into effect.

According to Kyle Liang, “half of Chinatown was decreasing and about 3000 people were displaced” during the Urban Renewal, which took place during the 1950’s and 1960’s. The Urban Renewal allowed for new highway construction and institutional expansion. Several other

plans that were put into action before this new Chinatown Master Plan 2010 were the South Cove Urban Renewal Plan 1965, Chinatown Community Plan 1990, and Chinatown Master Plan 2000. These plans helped shape what is Chinatown today.

According to the 2008 Census estimate, Boston has a population of 589,823 people and Chinatown has a population of 9,275 people. The vision of the Chinatown Master Plan 2010 is to create a diverse neighborhood and to turn Chinatown into the main hub of resources for Asian American communities within the vicinity. In addition, Chinatown will become a cultural center. With a growing Asian community in Malden and Quincy, residents of the two towns frequently come to Chinatown for resources.

BCNC also informed attendees of their own 3 year Strategic Plan, 2011-2014. BCNC’s Strategic Plan is very much aligned with the Chinatown Master Plan 2010. Giles Li, Program Director at BCNC, said that the vision of the strategic plan is to “support people’s needs.” BCNC wants to expand and be able to guide as many communities as possible.

The Chinatown Master Plan 2010 can be downloaded as a PDF file on [www.chinatowngateway.org](http://www.chinatowngateway.org).

Boston Shines in Chinatown



Tufts Medical Center CEO, Ellen Zane (far right), Sherry Dong (second from the left), Wendy Huang (back row, fourth from the right), with alumni from the Tufts University Asian American Alumni Association and undergraduates from Tufts University’s Asian American Alliance. (Courtesy of Sherry Dong)

By Cody Yiu

Over 80 volunteers from Tufts Medical Center joined together on April 30 to clean up the Chinatown neighborhood. Tufts Medical Center’s employees, their families and friends were joined by undergraduates and alumni from Tufts University Asian American Alumni Association in their participation of Mayor Menino’s annual spring Boston Shines neighborhood clean-up.

“We picked up trash and had many painting projects to help beautify the area, including re-painting fire hydrants, trash cans, benches, picnic tables, and wrought iron fences,” said Sherry Dong,

Director of Community Health Improvement Programs of Tufts Medical Center.

Dong, a Tufts University alumna has spearheaded Boston Shines efforts in the residential and institutional part of Chinatown along with Tufts Medical Center for over 5 years.

Wendy Huang, a Tufts alumna who worked in Chinatown for several years, participated in the clean-up. “It felt good to contribute to cleaning up a community in which I’ve worked and where I visit often. It helped to do it together with friends and also to see other spending their time painting and cleaning up. Every little bit counts I guess!” Huang said.

Vivien Li named President of the Boston Harbor Association



Courtesy of TBHA.

By Cody Yiu

The Boston Harbor Association (TBHA) announced on May 4th the promotion of Vivien Li to President, a new position.

“We are thrilled with the growth of The Boston Harbor Association and the leadership and advocacy that Vivien has provided,” said Brian Dacey, Chairman, TBHA Board of Trustees. Li has served as the Executive Director of the organization since 1991 and has played an instrumental role in the planning of the Boston Harbor Project, in the establishment of a 39 mile HarborWalk along Boston Harbor, securing funding for and helping to implement the \$30 million “Back to the Beaches” program, initiating a harbor education program for

urban high school students, developing a Working Port Advocacy Program promoting maritime and water-dependent jobs and uses, and initiating a “Green Boston Harbor” environmental sustainability program.

Li, who was in the inaugural class of Barr Foundation Fellows representing Boston’s most prominent not-for-profit leaders, said, “I look forward to this new position and continuing my advocacy work on behalf of TBHA. It is an exciting time, as I continue my work with TBHA’s Board of Trustees and our new Executive Director, in providing leadership on issues such as climate change and sea level rise, as well as on what’s next for Boston Harbor.”

Li has degrees from Columbia University’s Barnard College and Princeton University.

Mayor Thomas M. Menina

Chef Ming Tsai

Madge Meyer, Executive Vice President, State Street Corporation

Cynthia J. Wachs, Vice President, The Boston Park Plaza Hotel

Governor Deval Patrick

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Grand Ballroom

The Boston Park Plaza Hotel

50 Park Plaza at Arlington Street

Thursday, June 9th, 2011

6:00 pm Reception

7:00 pm Dinner

\$150/person

Please respond by May 27, 2011

For information, Chealyn Tim

Chealyn@aaca-boston.org

Tel: (617) 426-9492 ext 212

The Asian American Civic Association requests the honor of your presence at the Annual Gala 2011 to celebrate forty-four years of exceptional service to the immigrant communities of Massachusetts

COMMUNITY

# Chinese Brush Painting: A New Way of Meditation



Zhangping gives instructions on how to hold a Chinese brush. (Photo by Diana Li)

By Diana Li  
Sampan Correspondent

From Beijing, China, Zhangping will be in the US for ten weeks as a BCA (Boston Center for the Fine Arts) art resident to explore the contemporary female roles. Zhangping's project is called Big Women Series. Zhangping plans to interview numerous women in the US to understand their roles in the Western culture and compare it to those of the women in China. She plans on using Chinese brush painting on the individuals that she meets in US and oil painting on the individuals she studies in the East. Taking time away from her research, Zhangping conducted a free Chinese brush painting workshop for the public. During the workshop, Zhangping gave basic instructions on how to hold a Chinese brush and how to correctly brush strokes.

Zhangping commented that if you are holding the brush comfortably like a pen, then you are holding the brush incorrectly. Chinese brush painting may look very simple, but it truly isn't because many attendees were having difficulty mastering the seemingly simple strokes. Zhangping said, "It takes about 3000 tries for me to get the perfect drawing. Once a mistake is made, I have to throw it out." "Chinese brush painting allows one to be in a meditative state," explains Zhangping as she was slowly and meticulously transforming the black ink into a flawless bamboo drawing. She encourages everyone to try Chinese brush painting. Zhangping plans to conduct a few more free workshops and will have open studio on June 5th from 1 to 4. For more information on Zhangping, go to [www.bcaonline.org](http://www.bcaonline.org).

# Raising health awareness



Two volunteers pose with Asian Couture fashion models by Drea Designs. (Photo by Diana Li)

By Diana Li  
Sampan Correspondent

Quincy Medical Center, QMC, held their annual Green Brush Art Reception on April 26, 2011. Guests were fancied with food from many local restaurants, art work, fashion shows, calligraphy and brush painting demonstrations. All proceeds will go towards the QMC

Asian Services Fund. QMC Asian Services Fund will use all the benefits towards resources for the Asian community at QMC, such as free health education, free health screenings, and publications. On a monthly basis, QMC offers free screenings for blood sugar and blood pressure levels at Wollaston Senior Center. In addition, QMC offers free health screenings at local supermarkets.

# CLASSIFIEDS

SAMPAN ADVERTISING 617.426.9492 x206

COMMUNITY YOUTH VOICE provides a section in the SAMPAN newspaper as an outlet for youth and young adults to voice their concerns within the community, celebrate artistic expression, and share personal stories through various creative medias such as journalism, arts, poetry, and painting. It serves as a tool for youth to exercise their social and political voices. It also amplifies the ability to impact the lives of children, families, and the community for positive youth development through a powerful bilingual newspaper.



Asian American Civic Association Youth Center  
87 Tyler Street, Boston, MA 02111.

## NASHOBA BROOKS SCHOOL

Nashoba Brooks School seeks candidates for the following positions.  
**Complete position descriptions may be found at [www.nashobabrooks.org](http://www.nashobabrooks.org).**

### EXTENDED DAY TEACHER

(start date 9/1/11)  
(Monday-Friday, 10:00 a.m. – 6:00 p.m.)

Qualifications include a Bachelor's degree; Master's degree preferred. The candidate should have relevant experience with children from the ages of 3 to 9. The candidate should demonstrate both passion for teaching and knowledge of the social, emotional, intellectual and physical development of students. He or she should possess excellent communication, organization and class management skills. The candidate should also have a desire to work as part of a team committed to a highly collaborative and interdisciplinary approach.

Interested candidates should send **a cover letter, resume, and list of three references** to: **Penny Jennings, Coordinator of Lower Grades;**  
Email: [extdayteach@nashobabrooks.org](mailto:extdayteach@nashobabrooks.org)

### INTERIM DIVERSITY COORDINATOR

(one year position beginning 9/1/11)  
(half-time, 10-month position)

Qualifications include a minimum of a bachelor's degree with three years' experience in education with knowledge of child development in Preschool through Grade 8. The candidate should demonstrate a commitment to student and faculty recruitment, faculty professional development and community education.

Interested candidates should send **a cover letter, resume, and list of three references** to: **Danielle Heard, Assistant Head of School**  
Email: [divcoord@nashobabrooks.org](mailto:divcoord@nashobabrooks.org)

## BOSTON UNIVERSITY

### Civilian Dispatcher 1

The Civilian Dispatcher is responsible for dispatching calls for police service for the Boston University Police Department. This position is subject to overnight assignments, which are made annually through seniority bidding. Civilian Dispatchers are also subject to mandatory overtime assignments based upon seniority according to needs and requirements as determined by police management.

Duties include answering telephone calls and text messages for requests for police services, entering the required information in the police computer and dispatching the appropriate police and emergency personnel response, monitoring and dispatching police officers to alarm activations on campus, and disseminating sensitive law enforcement information to officers received through state and federal sources and make notifications to the University

Job requires a High School Diploma or equivalent, one to three years' experience as a dispatcher and the ability to multi-task using a variety of database systems in the Police Communications Center.

**Interested applicants please apply online at <http://www.bu.edu/hr/jobs/>, Tracking Code: 6580/D281**

Boston University is an affirmative action/equal opportunity employer.

COLUMNS

# Changing Our Diets Could Save U.S. \$1 Trillion per Year...

For the first time in history, “lifestyle” diseases -- diabetes, heart disease, and some cancers -- are killing more people than communicable diseases. And treating these entirely preventable illnesses costs more than one-seventh of the U.S. GDP.

**How do we prevent them?**

The solution is by putting an end to this insane over-consumption of sugar. A recent *New York Times* opinion piece discussed the dramatic health care savings promised by healthier lifestyle habits and diet:

“The many numbers all point in the same direction. Look at heart disease: The interheart study of 30,000 men and women in 52 countries showed that at least 90 percent of heart disease is lifestyle related; a European study of more than 23,000 Germans showed that people with healthier lifestyles had an 81 percent lower risk.

And yes, we definitely know that people will buy anything that’s marketed well. Unfortunately, our current food industry doesn’t support a switch to wholesome and healthy foods. The food industry simply will not change without a fierce fight. Processed foods are a huge business with great profit margins.

Dr. David Ludwig, a Harvard-affiliated pediatrician, recently wrote a commentary in a medical journal offering concrete suggestions to turn this disease-producing diet trend around, such as:

- Restructuring subsidies
- Regulating the marketing of food to children
- Adequately funding school lunch programs

grams

-Using existing and future technologies to allow the food industry to retain profits while producing healthier products

**The primary reason why sugar is such a pernicious toxin:**

Many conventional diet “experts” have strongly disagreed with Dr. Ludwig. They contend that sugar in fruits and table sugar in moderation is just fine and part of a normal “healthy” diet. What they completely fail to appreciate is the obvious fact that should be hitting every expert on the head. Fructose is the number one source of calories in the US. It is beyond shocking that these supposedly intelligent “experts” fail to appreciate that, especially in light of the very carefully elucidated biochemistry that Dr. Ludwig reviews.

The central issue is that fructose is so cheap it is used in virtually all processed foods. If one were able to assiduously keep their total grams of fructose to below 25 per day, then it would not be an issue. But the key here is that while that is theoretically possible, precious few people are doing that.

Remember that the average person is consuming 1/3 of a pound of sugar every day which is 5 ounces or 150 grams, half of which is fructose or 300 percent more than the amount that will trigger biochemical havoc. Remember that this is the average; many consume more than twice that amount.

Article funded through the Asian Health Initiative of Tufts Medical Center

**Tufts Medical Center**

## WORLD TAI CHI DAY CONTINUED FROM PAGE 1

est expression of the art,” Sifu Lukitsh said.

Tai Chi offers a wealth of health benefits. “[Tai Chi] definitely helps relax the body and mind. It’s known as ‘meditation in motion’ to many people,” Sifu Mai Du said. Tai Chi relieves stress. Even first timers will immediately feel more relaxed after practice.

This martial art also promotes flexibility, balance and stability.

“They will feel more relaxed, more alert and have more energy. They feel like they are in re-connection to their body. By practicing Tai Chi all the time, you definitely gain flexibility and stability. [You’ll feel] a great sense of being more in tune with your breaths, and your “qi” (“chi” or energy) flow in your body,” Sifu Du said.

According to a research study released in April, people with chronic heart failure may be able to boost their quality of life by doing Tai Chi. Two group sessions of one

hour each per week were enough to show significant improvements in mood and confidence, said the Boston-based study in the Archives of Internal Medicine, a journal of the American Medical Association.

“Tai Chi appears to be a safe alternative to low-to-moderate intensity conventional exercise training,” said Gloria Yeh of Beth Israel Deaconess Medical Center, lead author of the study.

“Tai Chi is safe and has a good rate of adherence and may provide value in improving daily exercise, quality of life, self-efficacy and mood in frail, deconditioned patients with systolic heart failure,” Yeh said.

To learn about Tai Chi, please visit the Chinese Wu Shu Research Institute at <http://www.taichi-arts.com/> and the Wah Lum Kung Fu & Tai Chi Academy at <http://www.wah-lumacademy.com/>.

# What to do with your old Retirement Accounts?

By Michael C. Tow  
Sampans Contributor

It used to be just working one job your whole career. But in today’s world, the average person can expect to change careers three to five times in his or her lifetime. Not only can it be a hassle dealing with the human resources of your old firm, but it’s also another 401k plan to have to deal with. By now you may have 2, 3 or even more old 401k accounts whose statements you throw into a box, many times without even opening up the envelope. Is this you? If so, here’s what you can do to your old 401k accounts.

There are quite a few options and with all the different opinions out there, it can get pretty confusing. Let’s take a look at some of the different options and see which choice is best for you.

**Withdraw the money and put it in the bank**

This is clearly one of the worst options and really shouldn’t be viewed as an option unless absolutely necessary. When you make a withdrawal from your company’s retirement plan (401k, 403b, 457 plans etc), there are many adverse consequences. First of all, the entire balance of money withdrawn will be taxed at ordinary income tax rates. In addition, if you’re younger than 59 1/2, any money taken out is subject to a 10% penalty.

**Leave it the way it is**

This is what most people do, but not because it’s the best option. Leaving your 401k at your former employer usually doesn’t make sense. Whether it’s because you don’t know what to do or you’re just being lazy, it should definitely be something that you should address.

Many times your 401k is very limiting in terms of your investment choices. Also, since you no longer will be contributing to the plan, many plans are left unmonitored with little attention to make sure if the investments are still performing well.

**Roll it over into your new companies plan**

Many 401k plans have a limited number of investment choices, so rolling into your new company’s plan might not be the best choice. However, if the plan offers loans provisions (never a good planning choice) on your 401k, it may help to have a larger balance at the new plan.

**Roll it over into your personal IRA**

This is generally the best option. By rolling your old 401k plan to an individual IRA, you have all the flexibility that an IRA offers. You have the ability to pick through a much broader range of investment choices. It also takes your old company out of your financial picture by eliminating the middle man. You will have direct access to the investment company rather than going through the arduous process of dealing with your former human resources office. It also consolidates those cumbersome statements into one.

Now if at your current job and you haven’t contributed to a 401k or other type of company retirement plan, then you should definitely make a point to. Many companies match your contributions up to a certain percent. If you don’t have a retirement plan at work, ask your employer. Many times, setting up a retirement plan offers good tax deductions for the employer and is a great way to attract new employees. If your employer balks at the idea, you can always set up an Individual Retirement Account (IRA) yourself.

Even if you’re far from retirement at this point in your career, starting to get an understanding of your assets will help you in the long run to develop an effective overall financial plan that provides the maximum benefit to you and your family. It also may lighten up that large pile of mail that you get every month!

If you have a question or topic that you would like me to discuss in a future article please email me at [mtow@newbostonfinancial.com](mailto:mtow@newbostonfinancial.com).

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HIRING

**DOVE (Domestic Violence Ended)**

seeks a **Family Advocate**. FT position with benefits. The Family Advocate provides services for individuals seen through both DOVE's Community-Based and Emergency Shelter programs. Bilingual/bicultural (Chinese Mandarin, Cantonese, Vietnamese, or Spanish, and English) preferred but not required.

**Full job description at [www.dovema.org](http://www.dovema.org)**

**A new housing community for seniors age 55 and over**

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**Affordable housing lottery opportunity in Falmouth Studios, 1 and 2 Bedroom Apartments**

Studio: \$753 ~ One Bedroom: \$807 ~ Two Bedroom: \$968  
All apartments include heat, hot water and electricity!

**Application deadline July 1, 2011 ~ Lottery date July 15, 2011**

Rents are established using Low Income Housing Tax Credit guidelines which are targeted to households earning up to 60% of the Area Median Income. Your total household income must be at or below the listed amounts. Total household income includes earned and unearned income received by all household members.

- Convenient, central location
- Smoke-free housing
- Air conditioning
- Elevators

Applications available at Falmouth Town Hall, Falmouth Public Library, and the Falmouth Housing Authority

**Housing Voucher (subsidized) units are also available!**

Apartments available Fall 2011

**Maximum Household Incomes:**  
1 Person Household: up to \$32,880  
2 Person Household: up to \$37,560  
Other restrictions may apply

**Info sessions held:**  
Tuesday May 24<sup>th</sup> 5pm-7pm and  
Thursday June 9<sup>th</sup> 10am - 12noon at  
Harborview Apts, 115 Scranton Ave, Falmouth

**For an application or questions, contact Falmouth Housing Authority (508) 548-1977**

**[lottery@falmouthhousing.org](mailto:lottery@falmouthhousing.org)**

**Falmouth Housing Authority**  
115 Scranton Avenue  
Falmouth, MA  
02540

**“248 CENTER STREET”**

**TOWN OF BRIDGEWATER**

**Affordable Housing Lottery**  
July 27, 2011  
Available to first time homebuyers  
**\$154,500**  
2 Bedroom Condominium Units

**MAXIMUM HOUSEHOLD INCOME**  
1 Person Household—\$44,700  
2 Person Household—\$51,100  
3 Person Household - \$57,500  
4 Person Household—\$63,850

Applications are available at:  
Bridgewater Town Hall  
64 Central Street

[www.Delphicassociates.com](http://www.Delphicassociates.com)  
[www.MassAffordablehomes.org](http://www.MassAffordablehomes.org)  
[www.massaccesshousingregistry.org](http://www.massaccesshousingregistry.org)  
Informational Work Shop  
June 22, 2011  
Bridgewater Town Hall  
64 Central Street

Contact Delphic Associates—508-994-4100

# CLASSIFIED / HOUSING

## MCI RENTAL / HOUSING SAVINGS PROGRAM LOTTERY OPPORTUNITY

Chatham Housing Authority is pleased to announce the MCI Rental/Housing Savings Program. Eligible applicants will have the opportunity to save for a down payment on their first home while renting one of units at the MCI/Marconi Campus on Old Comers Road.

All interest parties should attend one of the following information meetings:

**Chatham Community Center**  
Main Street, Chatham  
Multi-Purpose Room

**Saturday – May 28, 2011 at 9:30 a.m.**

**Thursday – June 9, 2011 at 6:00 p.m.**

The lottery process, eligibility requirements, definition of first time homebuyer, income & asset limits, application and documentation by deadline date will be discussed at the meetings.

### GROSS INCOME LIMITS

Household Size : 1 Person 2 Persons 3 Persons 4 Persons 5 Persons 6 Persons

\*\*\*Income Limits: \$43,800 \$50,050 \$56,300 \$62,550 \$67,600 \$72,600

Asset Limit is \$75,000

Rent for all units is \$1,150 plus the cost of utilities.

**\*\*\*APPLICATION DEADLINE –Friday - June 17, 2011 at 3:00 P.m.\*\*\***

Applications may be obtained at  
the Chatham Town Hall 549 Main Street, During Business Hours;  
Chatham Community Center, Main Street, Chatham, During Business Hours;  
Chatham Housing Authority Monday thru Friday from 9:00 a.m. to 4:00 p.m.;  
or by writing to Chatham Housing Authority at 240 Crowell Road, Chatham, MA 02633;  
or by calling 508-945-0478 x 02 or by email at chathamha@verizon.net

Completed applications must be returned to the Chatham Housing Authority, 240 Crowell Road, Chatham, MA by TBD at 3:00 p.m.

\*\*\*Note: Income Limits may change without notice



## NOTICE OF AFFORDABLE HOUSING LOTTERY

Torrey Woods Apartments, located within walking distance of Main Street (Route 18) at 679 Pond Street, Weymouth, Massachusetts, is a non-smoking community of five one-bedroom apartment homes and 15 two bedroom apartment homes. Five of the apartment homes will be subsidized via project-based Section 8 vouchers from the Weymouth Housing Authority. Pond Street Apartment Homes is anticipated to be ready for occupancy in September 2011.

A housing workshop will be held at:

**Bridle Path Apartments**  
164 Bittersweet Lane  
Randolph, MA 02368

First workshop will be held on

**May 11th, 2011**  
6:00pm-7:00pm

If you miss the first workshop  
a second workshop will be held on

**June 7th, 2011**  
6:00pm-7:00pm

### Income restriction for Pond Street Apartment Homes

(subject to change):

1 Person	2 Person	3 Person	4 Person
\$38,580	\$44,100	\$49,620	\$55,080

### Rents

(subject to change):

**1 Bedroom - \$784      2 Bedroom - \$916**

Application for Housing will be available on the day of the workshops.

**Deadline:** In order to be eligible for the lottery, all applications must be submitted with required documentation by **3:00pm on June 16, 2011.**



**Lodge at Stoughton**  
**Affordable Housing Lottery**  
**Stoughton, MA**  
**[www.LodgeAtStoughton.com](http://www.LodgeAtStoughton.com)**

### 60 New Luxury Affordable Apartments

**1BRs @ \$982/mo**

**2BRs @ \$1,208/mo**

Rent does not include any utilities except water and sewer

The Lodge at Stoughton is a new 240 apartment community located on 400 Technology Center Driver. Sixty units will be leased at affordable prices to households with incomes at or below 80% of the area median income.

### The Maximum Income Limits for Households are as follows:

**1 Person - \$45,100**

**2 Person - \$51,550**

**3 Person - \$58,000**

**4 Person - \$64,400**

The apartments will first be ready for occupancy in September 2011 with additional units coming online throughout the fall.

A PUBLIC INFORMATION WORKSHOP will be held on  
**June 15th at 7 pm** in Stoughton Town Hall.

**Completed Applications and Required Income Documentation must be received, not postmarked, by July 7th, 2011.**

For Lottery Information and Applications and Floor Plans go to **[www.s-e-b.com/lottery](http://www.s-e-b.com/lottery)** or call **(617) 782-6900** And Leave A Message.

### Applications and Information also available at

- Stoughton Public Library (M-Th 9-9, Fri-Sat 9-5)
- The Planning Department in Town Hall.

For information on the development and units go to  
**[www.LodgeAtStoughton.com](http://www.LodgeAtStoughton.com)**



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CLASSIFIED / HOUSING

Affordable Homeownership Opportunity  
Gordon's Woods Condominium  
990 VFW Parkway, West Roxbury, MA 02132  
Two 2 Bedroom Units, One 1 Bedroom Unit

# of Units	Type	Price	Income Limit
2	2brs	\$194,000	Up to 80%
1	1br	\$197,600	Up to 90%

Maximum Income Per Household Size

HH size	80%	90%
1	51,400	57,850
2	58,750	66,100
3	66,100	74,350
4	73,450	82,600
5	79,300	89,250

Applications may be picked up in person from Gordon's Woods Condominium  
990 VFW Parkway, West Roxbury:  
Sunday May 22 10:00am-4:00pm  
Monday May 23 10:00am-4:00pm  
Tuesday May 24 2:00pm-7:00pm

Applications may also be requested by calling 617-412-3250  
or by sending an email to [affordable@gordonswoods.com](mailto:affordable@gordonswoods.com)  
during the application period

Sunday May 22-Friday May 27 from 9am-5pm

Deadline for completed applications returned:

In person or by mail postmarked by Wednesday June 8, 2011  
Gordon's Woods Condominium  
c/o Mayo Group, Kerri Bonarrigo, 28 Damrell St Suite 300, South  
Boston, MA 02127  
Selection by lottery.

Asset, Use & Resale Restrictions apply. Preference for Boston Residents.  
Preference for Households with at least one person per bedroom.  
Preference for First-Time Homebuyers.

For more information or reasonable accommodations for persons with  
disabilities  
call Kerri Bonarrigo at 617-412-3250  
Equal Housing Opportunity



CLASSIFIEDS

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amenities, please visit:

[www.NouvelleAtNatick.com](http://www.NouvelleAtNatick.com)

Bedroom	Bathroom	# of Affordable Units	Estimated Affordable Sales Price	Condo Fee	Sq Ft
2	2	4	\$133,700	\$310	1,068-1,254
3	2	1	\$149,600	\$336	1,615

There are 5 affordable condos being sold at affordable prices to households  
with incomes at or below 80% of the area median income. These condos are  
now being offered through a lottery.

Maximum Allowable Income Limits:

\$45,100 (1 person); | \$51,550 (2 people); | \$58,000 (3 people)  
\$64,400 (4 people); | \$69,600 (5 people); | \$74,750 (6 people )

Maximum Household Asset Limits are \$75,000. There are no MINIMUM Household Income  
Requirements but households must submit mortgage pre-approvals.

Completed Applications must be delivered by 5 pm, June 14th, 2011.

The Lottery will be held on June 22nd, 2011

For more information on the Development, the Units or the Application Process,  
please visit:  
[www.s-e-b.com/lottery](http://www.s-e-b.com/lottery) or call 617.782.6900.



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86 Central Street, Hingham

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725-735 Adams Street,  
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55 City Hall Plaza, Brockton

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- 3 Apartments are for preference for BRA-Certified Artists
- Section 8 Voucher Holders Welcome
- Selection by Lottery-Use and Occupancy Restrictions Apply
- 4 Apartment have preference for households requiring accessible units
- 8 Apartments not included above have preference for homeless household  
(Applicants must complete BHA applications and be processed by the BHA,  
52 Chauncy St. Boston)

Income Restrictions Apply

Floor Plan	# of Units	Max Rent	Income Limit
Artist Studio	3	\$1,295	100%
1 Bedroom	6	\$ 990	60%
2 Bedroom	29	\$1,183	60%

Minimum Income per Household

Household Size	60%	100%
1 Person	\$38,580	\$64,250
2 People	\$44,100	\$73,450
3 People	\$49,620	\$82,600
4 People	\$55,080	\$92,800

Rental Applications must be picked up and  
submitted in person or via US Mail to the Property



FEATURE

# Gary Locke adds unique *guanxi* to US-China relations

By Samuel Tsoi  
Sampan Correspondent

US Commerce Secretary Gary Locke (駱家輝) is leaving President Obama's cabinet, which currently has the highest Asian American representation in history (the other two members being Energy Secretary Steven Chu and Veteran Affairs Secretary Eric Shinseki).

But Locke's departure is not at all a demotion, but a grand gesture on the part of the Obama administration. President Obama nominated Locke in March to replace outgoing ambassador Jon Huntsman, speculated to gear up for a 2012 presidential run against his boss.

When confirmed by the Senate to become the next ambassador to China, Locke will continue to further American business interests and craft trade policies. Moreover, he will become the top envoy in arguably the most consequential bilateral relationship as the first Chinese American chief diplomat in Beijing.

"Locke's nomination is our glory!" said Ms. Yu in Cantonese, a Chinatown resident who shares the same hometown of Taishan with Locke. "This is an opportunity to improve [US-China] relations and [Chinese immigrants'] social status."

"[Locke's appointment] is a welcome, substantively and ground-breaking symbolically. The U.S.-China agenda is important and full with weighty matters touching economics, security, politics, and culture," observed Paul Watanabe, Director of Institute for Asian American Studies at UMASS Boston.

This is especially pivotal, in light of the past record of appointing Asian Americans to ambassadorships to Asian countries which Watanabe considers as "dismal and pathetic," based on the evidence of a concerted effort with respect to Asian postings, unlike for European countries for example, to avoid selecting Americans of Asian descent.

"I'm very impressed with the appointment. It says something positive about our society, that this is a country of immigrants, and [immigrants] can rise to political leadership and even be appointed to sensitive positions," remarked Merle Goldman, expert on Modern China and Professor Emeritus of History at Boston University.

As a son of immigrants with modest means, 61-year old Locke embodies the American Dream, and he remains the first and only Chinese American to serve as governor of a state, Washington.

In describing his family's journey, the Seattle native often says it took "100 years to move one mile," referring to the distance separating the governor's mansion from the house where Locke's grandfather worked.

President Obama echoed this story in Locke's nomination press conference: "A cen-



Source: www.foreignpolicy.com

tury later, [Grandpa Locke's] grandson will return to China as America's top diplomat."

"I'm eager to continue that work in China and to help you, Mr. President, manage one of America's most critical and complex diplomatic, economic, and strategic relationship," Locke said. "And I'll be doing so as a devoted and passionate advocate for America, the country where I was born and raised."

As governor, Locke boosted Washington's exports to China just as his ancestral homeland emerged as an economic tour de force. He also helped arrange Chinese President Hu Jintao's first US state visit via Washington. When he made a sojourn to Guangdong Province, he earned a hero's welcome by his parents' hometown Taishan.

As a high-profile *huaqiao*, the Chinese term for the Diaspora (literally meaning a Chinese bridge), Locke will certainly be a bridge over the troubled waters of international politics.

Although business continues to weave the world's two largest economies together, tensions in areas such as monetary policy, Taiwan arm sales, religious freedom and human rights continue to strain relations. On top of managing that set of issues, Locke will face unique challenges because of being ethnically Chinese.

While the Chinese government officially welcomes Locke's nomination, the *Global Times*, a popular publication controlled by the Communist Party, said that a Chinese-American ambassador would "not necessarily be friendly to China" but could help the United States understand Chinese traditions and policies.

"Being a Chinese American, he definitely has a deeper knowledge and connections in China, what the Chinese regard highly as *guanxi* (literally meaning "relationship," - the Chinese concept of networking and social capital). On the other hand, the Chinese might not trust him and ask 'whose side are you really on?'" said Goldman.

Given Locke's celebrity and résumé, he is less likely to encounter misgivings from Beijing. Chinese officials might still have high expectations of him to sympathize with their points of view because of his presumed cultural affinity, than they would from a "real" American, even though Locke's Mandarin is not as fluent as his predecessor's.

Beyond the political leadership, the Chinese public largely embraces the assumption that ABCs (American-born Chinese) and other émigrés have enough of a soft spot for "the old country." This could give Locke an inherent esteem and camaraderie which the Chinese cannot simply automatically dismiss as some foreign imperialist aim to contain China's growth.

"I hope he is not as critical as [Secretary of State] Clinton and President Obama [towards China], because he is also Chinese," said Mr. Mei, an immigrant from China who has lived in Boston for over 20 years. Most recently, Secretary Clinton criticized Beijing's attempt to quell a "jasmine revolution" similar to those sweeping across the Arab world, part of a series of overtures ahead of the latest round of US-China Human Rights Dialogue.

It also follows the Chinese government's silencing of dissidents, crackdown on Christians, and arrest of the prominent artist Ai Weiwei - whom Huntsman praised as a 'visionary.' Locke also said shortly following his nomination that he "will consider" worshipping at a "house church" not formally recognized by Beijing.

As Commerce Secretary, Locke also did not shy away from disapproving China's reluctance to open its markets and strengthen its intellectual property laws, but Locke is expected to be challenged by some of his fellow Ameri-

cans in Congress, who exhibit China-bashing rhetoric in the name of protecting US jobs.

Locke will be pressed on human rights issues, religious freedom, and security matters. "Whether I think [Locke] has any special influence in those areas is a question. [Human rights] is a sensitive topic for any diplomat," Goldman added.

Moreover, xenophobic tendencies of some American lawmakers might question Locke's loyalty simply because of his ethnicity, doubts that would not exist for his white predecessors.

Because of this unique cultural and political balancing act, Locke's duty in representing American interests will no doubt be delicate in the increasingly fragile relationship in recent months.

Inevitably, he will be given the task to occasionally deliver strong messages from Washington, whereupon he would have to tap into his *guanxi* to counterbalance America's traditionally assertive approach.

In the grander scheme, Locke enters an era when China's historic rise has catapulted itself to a more equal footing with the world's lone superpower, at least in economic terms.

US prestige is bruised in the aftermath of the financial crisis it caused and the taxing military missions, but it still remains dominant in the global arena. Meanwhile, China's escalating clout suggests that America's diplomats will have less of a bully pulpit on global issues. As holder of over a trillion dollars in American bonds, China also expects to be treated with the respect of one which United States is obliged to.

From the American perspective, China also cannot act brazenly because of the hegemonic military presence and vast alliances in the Asia-Pacific region. As ambassador, Locke's priority will be to sustain closer cooperation, despite the expected bumps on the road when the two sides cannot agree. Moreover, urgent issues in an increasingly globalized world will necessitate the two giant nations to co-lead and cooperate in areas such as technological innovation, trade liberalization, environmental protection and global security for mutual benefit and international stability.

Since President Nixon restarted diplomatic relations with the People's Republic in 1972, appointing George H.W. Bush thereafter, American ambassadors have gained deepened their understanding of China and played a constructive role in both resisting the populist inclination to lambaste China, and project America ideals of freedom and democracy.

Envoys to China became proponents and supporters of a less confrontational and closer bilateral relations, and many will expect nothing less from Locke, who represents deep symbolism and strategic diplomacy in a relationship with increasingly high stakes that certainly requires much more *guanxi*.

## Basho- A Modern and Hip Brasserie



Cheesecake Harumaki. (Photo by Anna Ing)

By Anna Ing  
Sampan Contributor

Boston has plenty of Japanese Restaurants. But Basho Japanese Brasserie is a breath of fresh air. Amidst the usual sushi and sashimi choices, they also have the robata grill (on skewer). Located in the recently redeveloped Fenway area (1338 Boylston St,



Sorbet. (Photo by Anna Ing)

Boston (617) 262-1338). Basho has already garnered some fans. The decor is modern and minimal. Patrons can even get free Wi-Fi.

First comes the steamed bun sandwich with kurabota pork and pickled cucumber (\$7.75) in bamboo steamers. The perfectly marinated pork belly and refreshing cucumber pair well with the steamed bun, but could use a bit more sauce. The Dobin Mushi soup



Kurabota bun. (Photo by Anna Ing)

is served in a pot with seafood and chicken (\$7.50), topped with ginger slivers, which cleanse and refresh the palate. Off the Robata Grill comes one skewer each of the tsukune (the seasoned ground chicken) (\$4.00) and the Spicy Duck Mushroom (\$6.50). The grilled but flavorful ground chicken as well as the duck with mustard and mushroom are delectable.

Their inventive makimono rolls list makes

it hard for diners to choose. Green Monster Roll (\$14.95) has softshell crab with spicy mayo wrapped with escolar (white tuna) with an interesting flavor twist of cilantro pesto. Their weekly special is the popular Celtics Maki burrito (\$16.95), which has spicy tuna, avocado and cilantro wrapped with soy paper and seaweed, topped with unagi served with basil oil and jalapeno aioli. Brown rice can be substituted for an additional fee.

For dessert, there is sorbet (\$6.95) and the cheesecake harumaki (\$7.95). With the colorful flavored sorbet molded in a small shape of the actual fruits (raspberry, strawberry and peach), this is the most beautifully arranged sorbet, subtle and refreshing. The harumaki is a cheesecake deep fried as an egg roll served with raspberry sauce and chocolate shavings.

健康專欄

改變我們的飲食每年  
可以給美國節約  
1萬億美元……

在歷史上首次出現了這種情況：“生活方式”疾病（糖尿病，心臟病和一些癌症）比起傳染病來，讓更多的人喪命。治療這些完全可預防疾病的費用超過了美國GDP的七分之一。

如何預防這些疾病呢？

通過結束這種瘋狂的過度的食糖消耗。

最近紐約時報的一篇社論討論了這種由更健康的生活飲食習慣所帶來的醫療消費的節約：

“許多數字都指向了同一個方向。看一下心臟病：在52個國家的30,000例國際心臟病研究中表明，至少有百分之九十的心臟病是與生活方式有關的；在歐洲，超過23,000例德國病例的研究表明，有健康生活方式的人的患病風險降低了百分之81。

是的，我們知道人們肯定會買市場行銷好的商品。不幸的是，我們目前的食品工業不支援一個向健康食品的轉變。沒有一個激烈鬥爭的話，食品行業根本不可能改變。加工食品是一個有著巨大商業利潤的大行業。

David Ludwig博士，哈佛大學附屬的兒科醫生，最近在JAMA寫了評論，提供了扭轉這一製造疾病的飲食趨勢的具體建議，例如：

- 重新架構補貼方式
- 規範兒童食品市場

- 給予學校的午餐計畫充足的資金
- 利用現有和未來的技術，使食品行業在保持利潤的同時生產更多的健康產品

為什麼說糖是一種有害的毒素

許多傳統飲食“專家”強烈反對Ludwig博士。他們爭辯說，適量的水果中的糖和蔗糖是正常的“健康”飲食的一部分。好吧，讓我明確表示，我堅決不能同意這一立場。

這些專家完全不明白這個顯而易見的事實：果糖是美國排名第一的熱量來源。令人歎為觀止的是，正是這些所謂“智慧”專家“，在Ludwig博士非常仔細地闡明生物化學原理之後還沒有認識到這一點。

關鍵的問題是，果糖是如此便宜，以至於被用到幾乎是所有加工食品中。如果一個人能夠苦行僧似的保持每天的總果糖攝入量低於25克，那就不是一個問題。但這裏的關鍵是，雖然理論上是可能的，但鮮有人能做到。

記住，一般人每天攝入三分之一磅的糖（五盎司或150克），其中一半是果糖，這是引發生化浩劫的量的三倍。請記住，這是平均值，許多人攝入這個值的兩倍以上。（劉麗哈譯）

（文章由塔夫茨醫學中心贊助）

Tufts Medical Center

移民新聞

在國外旅行時I-485  
被批准

當I-485被批准時，申請人正在美國境外的案例並不罕見。2011年5月份簽證公告欄表明EB2（第二類工作簽證）在印度的截止日期為2006年7月1日，在中國的截止日期是2006年8月1日。而所有其他國家的EB2則都已到期。2011年5月簽證公告還指出，雖然本財政年度尚有未使用的名額，美國國務院（DOS）無法預測這些數字對中國和印度在EB2類別的影響。人們在出國旅行前，應當考慮到在他/她離開美國期間調整身份的申請如果被批准時重新進入美國的可能性。包括回程登機和入境美國時海關和邊境保護局（CBP）需要的文件資料。

回美證和H1B/H-4，L-1/L-2 身份

如果他/她在出發前提前辦了回美證（AP），這個文件就可以用來登機並返回美國。在入境口埠（POE），出示AP即可，但如果申請人知道他/她的I-485申請是在國外旅行時被批准的，就應該把這種變化告知CBP官員。

這同樣適用於沒有辦AP，打算以H1B/H-4或L-1/L-2身份返回美國的人。H或L簽證文件應當在登機時向航空公司官員出示。由於旅客現在是永久居民，以非移民身份進入是不合適的。如果申請人知道她/他在國外時她/他的

I-485申請獲得了批准，在重新入境時應當告知在POE的CBP官員。為了確保明白所有這些風險，在旅行前應與自己的律師討論有關事項。

永久居民的入境程序

如果永久居民（綠卡持有人）沒有攜帶適當的身份證明，入境時CBP官員可以有幾種選擇。他可以豁免文件要求，允許作為永久居民進入。另外，他也可能允許你先進入美國而暫緩有關文件的檢驗。這時並不需要回美證（AP），因為它是入境處CBP官員酌情辦理的。

根據該項暫緩檢驗手續，人們必須在返回後不久到CBP完成綠卡檢驗手續。此過程對綠卡持有者是適當的，因為他只要回到家裏就能很快找到綠卡。這也同樣適用於旅行時其I-485申請被批准的人，因為綠卡一般會在批准後幾個星期內發放。

在律師事務所看到的實例中，CBP官員允許出國旅遊期間I-485獲得批准的人持AP或以H或L身份入境。這並沒有改變外國國民已被批准成為永久居民的事實。她/他在I-485獲得批准後應當在郵件中收到綠卡。同所有美國永久居民一樣，在今後的工作和旅行中使用這個證件。

英文學習

Is That a Yes?  
所以你答應了？

Meg: Thomas, are we in agreement about the changes to the contract?  
Thomas: I think so. But just to make sure we are all on the same page, I think we should go over the amendments one more time.

Meg: OK. So, the first amendment states that both parties will be responsible for handling their own clients separately.

Thomas: Does that mean we share clients who1)purchase from both of us?

Meg: That 's a good question. I propose that we share responsibility in those cases.

Thomas: I agree. Should we write that in?

Meg: Good idea, just to cover all the bases.

梅 格：湯瑪士，我們對於合約的變更已經達成共識了嗎？

湯瑪士：我想是的。但為了確定我們沒有雞同鴨講，我想我們應該再檢視一遍這些修正內容。

梅 格：好。所以第一條修正內容是說，雙方分別負責管理各自的客戶。

湯瑪士：這個意思是說，如果是跟我們都有採購的客戶，我們就得共同分擔責任嗎？

梅 格：好問題。我建議這種情況就得共同負責。

湯瑪士：我同意。我們要把這寫進去嗎？

梅 格：好主意，就做到萬無一失吧。

But just to make sure we' re all on the same page. 你也可以這樣說

● Just to make sure there 's no confusion...

為了確保沒有混淆的地方……。

●To make sure we have a 9)consensus...

為了確認我們已經達成共識……。

●Just to confirm that we'llre in agreement...

為了確認我們已經達成共識……。

EZ 好用句型Tongue-tied No More  
cover all (the) bases 萬無一失

棒球比賽中如果要防止對手盜壘，就必須確實防守，不讓對手有碰到壘包（base）的機會，引申為面面俱到，萬無一失。也可以用（make sure）all（the）bases are covered 來提醒對方要做到滴水不漏。

A:I thought the police already found the killer. Why are they continuing the investigation?

我以為警方已經找到兇手了。為什麼他們還在繼續調查？

B:They need to cover all the bases just to be sure they have the right man.

他們要做到萬無一失，確保抓對人。

建議：出發前申請並獲得AP

一個外國人在計劃旅遊時，需要考慮在國外期間I-485申請被批准的可能性。最簡單的解決方案是旅行前申請和獲得AP。計劃以H1B/H-4或L-1/L-2身份旅行而沒有在護照上加蓋簽證的人，

會有這種風險，即當他/她在國外時一旦I-485被批准，他/她就沒有獲得非移民簽證的資格。這時，如果他/她沒有AP或綠卡，她/他就無法登上回程航班。雖然也可能還有一些解決辦法，但很可能造成返程時的延誤。（陳公權譯）



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最高家庭資產限額為 \$75,000。沒有家庭收入最低限制，但是必須遞交房產按揭預批。

完整的申請必須於 **2011年6月4日下午5點之前** 遞交。

彩票抽獎於**2011年6月12日**舉行。

欲了解更多開發信息，房屋單位以及申請程序，請瀏覽網站：  
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#### 信息發布會：

Holliston 市政廳 (City Hall) 105號, 5月17日, 晚上6點-8點

#### 樣板房屋開放：

353 Highland St, Unit 13, 5月23日, 晚上6點-8點

#### 申請信息可以在以下地點獲取：

Holliston Town Hall, Town Clerk's Office Holliston Public Library

#### 或者致信：

JTE Realty Associates, P.O. Box 955, No. Andover, MA 01845

#### 或者電郵至：

orchards@jterealtyassociates.com

#### 必須提供郵寄地址

聯系電話：978-258-3492

申請材料遞交截止日期 **2011年6月18日**



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3	\$46,080	三臥室	\$1,260
4	\$51,180		
5	\$55,320		
6	\$59,400		

#### 申請入住通過以下方式：

##### 郵寄：

Corcoran Management Company; Attention Stevens Corner  
100 Grandview Road Suite 205, Braintree, MA 02184, 電話：781-849-0011  
781-849-0011 或者人力資源部 800-439-2370 或者 Stevens Corner 781-849-0011

##### 本人親自：

Stevens Memorial Library, 345 Main Street, North Andover, MA 01845  
時間：5月16日 - 5月20日  
星期一至星期五，上午10點 - 下午4點；  
5月18日當天（星期三）上午10點 - 晚上7點

信息發布會將於**2011年5月18日**，星期三晚上**7點-8點45**在史蒂文紀念圖書館 Stevens Memorial Library 舉行，345 Main Street, North Andover, MA 01845。

抽籤儀式將於**2011年7月11日**，上午11點在史蒂文紀念圖書館 (Stevens Memorial Library) 進行；地址：**345 Main Street, North Andover, MA 01845**

#### 申請也適用於SECTION 8項目公寓

Corcoran Management Company; Attention Stevens Corner  
100 Grandview Road Suite 205, Braintree, MA 02184, 電話：781-849-0011

SECTION 8項目公寓的申請不會進入抽籤形式，而且  
會繼續接受申請直到6月30日截止。

欲了解更多信息，請瀏覽網站：[www.StevensCornerApts.com](http://www.StevensCornerApts.com)



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公共信息研討會將於**6月15日晚上7點**在Stoughton 市鎮大廳舉行。

完整的申請材料以及所需的收入證明文件必須於 **2011年7月7日收到**，  
當日郵戳無效。

彩票抽獎將於**2011年7月20日**在Stoughton 市鎮大廳舉行。

欲了解更多彩票信息，申請，以及房屋設計平面圖，請瀏覽網站  
[www.s-e-b.com/lottery](http://www.s-e-b.com/lottery) 或者致電：617-782-6900，并且留言。

#### 申請相關信息可以以下地點獲取：

- Stoughton公共圖書館

(開放時間：星期一至五9am- 9pm, 星期五/六 9am-5pm)

- 市政廳的規劃署 (The Planning Department)

欲了解關於開發以及具體房屋單位信息，請瀏覽網站  
[www.LodgeAtStoughton.com](http://www.LodgeAtStoughton.com)



## 研究座談

## 新英格蘭地區時間語部門主席講座



志願者教師羅慶輝（左一），袁秀（左二），蔣毅（右一）（牛江河攝）

【本報牛江河報導】麻州大學波士頓分校於四月廿八日在該校舉辦新英格蘭世界語部門主席講座，主題為「如何督導、扶助貴校中文老師」。

講座之始，麻州大學中國項目中心主任胡萬里在歡迎致辭裏感謝與會的講者和聽眾並簡要介紹了麻州大學的中國項目。這一講座已持續了八年，在幫助麻州教育系統的中文教學、雇用、管理中文教師以及教材選擇、編寫方面起到了重要的作用。

麻州大學孔子學院副主任孫柏鳳在會上告訴大家，中國孔子學院總部、國家漢辦和美國大學理事會合作每年都會訓練指派漢語教師志願者到美國充實美國的中文教學。我們麻州今年非常高興共得到了五位老師。我們特地為他們安排了一節講談。

波士頓公校世界語主任林遊嵐對記者說，中文熱已是不爭的事實，隨著對中文教學，中文教師希求的增加（美國中小學學生學習中文人數的增長率為195%，排名第一），教學品質的問題也逐漸顯現並變的非常重要。以前是只要你會中文，你就可以教中文了。現在不行了。這一講座將涉及、討論的問題包括：你做了什麼，你是如何繼續提高你的學區的中文教師品質？你如何督導你的教師教學計畫和任務？等問題。

負責Brockton Public Schools世界語教學的Jane Rizzitano主任在把握中文教師品質方面所採用的一個有效策略是至少聘用的教師要有碩士學位，有博士學位則更好。

Weston Public Schools的馬亞和Cortland Mathers側重講了工作坊對提高教師教學水準的必要。在暑假期間一個5-10天的工作坊就很適合教師的情況。馬亞以前不知道有什麼軟體可用於教學，怎樣用，通過在工作坊的學習和其他老師的交流，她學到了這些有用的知識和技能，免去了自己長期獨自摸索的時間和精力。

羅慶輝老師是從中國河南省鄭州市第48中學經考試選拔和培訓後派到波士頓的年輕教師。他的教學實踐經歷了三個階段。第一階段如何去教，第二階段如何讓教學有趣，以及第三階段如何在這兩者之間取得平衡。他對此有很好的辦法。比如他在學生玩中國遊戲，諸如麻將、撲克時，讓同學用中文計分，說中文，以及認有關的中文字，學生們很快就能掌握那些中文，不僅能認，能說，還能寫。

Holliston Public Schools的李豔紅認為在美國任教的中文教師還必須要同時理解美國的文化習俗。一個初來乍到的僅只會中文的人是很難在美國教好中文的。李老師在隨後的採訪中以親身經歷說明只要你真正在學生身上花了心血，誠誠懇懇地待學生，學生給你的回報是異常豐厚和溫暖的。當她的學生得知因為經費的緣故，她將要不再繼續中文教學時。她的學生們自發地四處奔走、反映、訴說和要求，最後她終於得以留下來繼續教學。

麻州大學波士頓分校將於七月十日至十五日組織有關中文教學策略和方法的講座。內容包括現代中文概況，拼音簡介，中文普通話發音教學，中文普通話發音的教學方法以及糾錯方法。詳細資訊可查詢<http://uc.umb.edu/china/teachers/>。

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（圖）前排左起，江寶釵、劉於蓉、周愚、張鳳、劉坪、鄧泰和與依娃。後排左起，王正軍、冰子、莫大（牛江河攝）。

【本報記者牛江河報導】北美華文作家協會紐英倫分會，哈佛中國文化工作坊於四月三十日在哈佛大學燕京圖書館舉行了中國文學演講會暨書展，歡迎洛杉磯華文作家團隊哈佛訪問團。《一頭栽進哈佛》、《哈佛心影錄》等作者張鳳主持了這次演講。所有與會作家的著作展覽也同時進行。

這次帶隊的隊長周愚本名周平之，軍人出身，歷任飛行官、分隊長、中隊長、南加州空軍官校校友會會長等職。他回憶到他小時候的理想就是做個文學家。幾十年耕耘不斷，發表作品兩百多萬字，著書十六本，代表作品有《男作家的魅力》和《女作家的風采》。他用“寫作是我永無止境的戀愛”表達了他對寫作的不是一般的熱愛。

劉于蓉博士祖籍東北，滿族旗人，畢業於國立臺灣師範大學英國文學系，在美國普林斯頓大學獲博士學位。寫書九本。《香車美人》和《美國女子監獄紀實》為代表作。這次劉博士的宣講重點是愛在人間，又恰逢母親節即將來臨，她感慨由於上帝忙的不能分身，所以創造了母愛來照顧眾生。

劉坪原名劉于坪，是劉于蓉的同胞妹妹。當她得知她患了乳癌時，為了不影響兒媳婦的懷孕及生產，隱藏不報她的病情，也沒治

療。看到健康漂亮的新生命後，她對生命突然有了新的、積極的感悟和珍惜。從此開始了勇敢面對、積極治療的過程。並將這個過程點點滴滴地記錄下來，最後形成了《快樂的抗癌媽媽》一書。

鄧泰和先生原來在上海時是著名專業專業畫家，來美後繪畫之餘又從事寫作。謙虛的劉先生以木心和陳丹青為例論述繪畫和寫作的積極關係。陳丹青是鄧泰和在美國學畫的同學。一九八零年陳丹青以油畫《西藏組畫》一舉成名，被認為是衝擊文革教條化創作模式的代表作品，曾任清華大學美術學院教授、博導。留美期間開始文學寫作，從《紐約瑣記》、《陳丹青音樂筆記》到最近的《荒廢集》，其獨到、深刻的見解讓一般的作家望塵莫及。木心本名孫璞，曾上海市工藝美術中心總設計師、《美化生活》期刊主編、交通大學美學理論教授。1982年移居紐約後，與陳丹青和鄧泰和在紐約是繪畫的同學。木心同時也進行文學寫作。著有《哥倫比亞的倒影》、《上海賦》等。上海作家陳村他讀到《上海賦》，“如遭雷擊”，認為“木心是中文寫作的標高。”陳丹青相信木心一書實遜可能是我們時代極少的完整銜接古典漢語傳統與五四傳統的文

學作者。

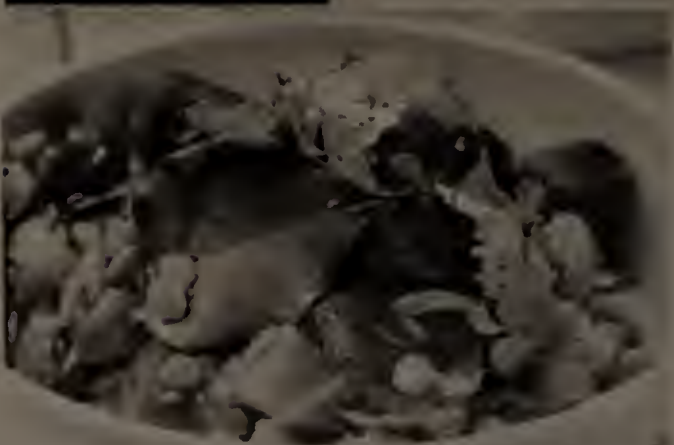
在隨後和鄧泰和先生的交流中得知木心當時在紐約的朋友們想出了一個辦法以資助當時經濟拮据的木心：由木心開講《世界文學史》課程，一週一次在當時簡陋的客廳進行，來的都是朋友、同學，聽者每次自願奉出二十、四十不等，歷時五年之久。記者一是感慨木心朋友們的熱心俠腸，二是感慨木心肚子裏“存貨”的豐富和品質，故可以讓人留連經年。

作家冰子原來是醫生，1959年開始兒童文學創作，其作品《小蛋殼歷險記》和《淡藍色的小鳥》有三代讀者，其生命力經久不衰。

莫大是《乳環》、《曠野》等的作者，他毅然決然地為他自印出版的三步長篇巨作徵求贊助預購：《領袖鐵衛隊》、《江水東流》和《隱沒》。

台灣師大學國文系博士，臺灣中正大學中文系暨台文所合聘教授江寶釵在最後的總結發言中指出作家身份的多元，畫家、醫生、飛行員——，使得創作的多元，寫作空間的廣闊。當域外的文字不再雕琢時，文學反而更加真實、可信。

食譜分享



從咖哩中的香料——薑黃中萃取的新化合物，能直接活化大腦中與記憶有關的海馬迴，有提高記憶力的功效。

色澤金黃、香氣濃郁的咖哩，彷彿擁有神奇魔法，無論是大人或小孩都抵擋不了它的魅力，立刻食慾大振，加上咖哩的味道和各種食材都合拍，因此多元豐富的配料選擇，更能讓人不知不覺吃下許多營養。

材料(4人份)

紅扁豆200克、青豌豆50克、番茄1顆、紅蘿蔔半根、檸檬1/4個、香菜少許、辣椒1根、薑黃1小匙、鹽1小匙、水100cc、沙拉油1大匙，也可加入南瓜和馬鈴薯，味道更好。

做法

- 1.將紅扁豆洗淨、浸泡備用，並把紅蘿蔔切丁，番茄切成一口可食用的大小。
- 2.在平底鍋內倒入油，放入剁碎的辣椒，等香味溢出。放入瀝乾後的紅扁豆拌炒，再加入紅蘿蔔和青豌豆繼續炒。
- 3.等料都炒熟後，放入番茄、薑黃和水（2杯），慢慢熬煮約15分鐘。
- 4.當紅扁豆煮軟後，用大火收汁，用一小匙鹽調味，最後灑上香菜，擠上檸檬汁即可。

提醒：

豆子咖哩像是印度風味的味噌湯。用了少量的油和香料，添加大量的黃綠色蔬菜，是一道健康料理。加上檸檬汁後，口感更加清爽。

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昆市新聞

昆士市免費法律講座  
鼓勵華人積極參加



（從左至右）陳韋先、李金玉、Melissa Lee-Mei、張永鏗。（鍾彥攝）

【本報記者鍾彥報道】4月25日，昆士市亞裔協調會和南岸老人服務處照常舉辦一月一次的免費法律講座。昆士市的張永鏗律師到現場解答關於家庭及離婚的有關問題，移民律師陳韋先與律師李金玉幫助到場華人回答有關移民和房屋合約的問題。到場的華人有些是第一次聽說這個免費的法律活動，有一些是之前已經來諮詢過，現在又有新的問題需要律師的幫助。

昆市亞裔協調會和南岸老人服務處從去年10月開始每月一次免費為華人提供法律講座活動。講座服務的主題包括移民，家庭，民法以及房屋租約的問題。隨著講座的舉辦的經驗積累，舉辦者將時間進一步規律化，初定為每個月的第四個星期一，晚上6點到8點之間，以為律師及有意來參加講座的華人提供方便。接下來的服務時間為，2011年5月23日，6月27日，7月25日，8月22日，9月26日，10月24日，11月28日等等，鼓勵波士頓地區的華人把握機會，積極參加免費的法律講座，從而為保護自己的權利以及解決法律問題獲得更多的法律知識。

律師張永鏗表示，有一些華人對於美國的法律了解不深，對於自己的權利不是很清楚，以至於自己的合法權利被侵犯的時候沒能夠及時的利用法律的武

器來保護自己。對於很多基本的移民與房屋租約問題，律師們都會免費給予諮詢，希望利用法律講座這種方式，加強華人社區的法律常識，通過讓華人進一步對移民，家庭及房屋租約等方面法律的了解，更加有力地保護大家的權益。張永鏗特別指出，這些諮詢的問題及華人的個人資料是絕對保密，不會對外公開的。

律師李金玉也表示，根據她多年律師及上法庭的經驗，有些華人由於語言的障礙以及對法律的不了解，在法官面前即使自己有合法權利上訴或者反駁也沒有意識到，她希望通過免費的提供法律諮詢，讓華人社區進一步團結起來，提高整個社區的法律常識普及。她還指出該法律講座不僅吸引昆士市民來參加，還有華人從Somerville, Malden等其他市區過來參加。

昆士市亞裔協調會是致力於提高亞裔社區的權益的非營利機構。協會新年的時候舉辦了新年慶典，每年中秋還會承辦中秋慶典。協會的成員和志願者提供英語、粵語、普通話、台山話等等服務，方便各種背景及語言的華人來訪，不會有語言上的障礙。如果需要進一步了解昆士市亞裔協調會的各項活動請訪問www.quincyasianresources.org。

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華埠新聞

# 國泰銀行舉辦免費 小企業經營法律講座



講座現場。(鍾彥攝)

【本報記者鍾彥報道】4月21日下午六點至八點，在國泰銀行華盛頓街分行大堂續辦舉辦了免費的小型企業基本法律講座。講座主要為支持華人小企業的開辦與發展，為他們提供免費的商業法律常識與諮詢。講座由國泰銀行與Ropes & Gray律師事務所聯合舉辦，幫助華人對目前企業經營形勢，怎麼開辦小企業，怎麼保護資產，以及稅務與勞工管理方面提供理論上的幫助。講座大約有三十人參加講座，多為小企業經營者或有意開始小企業經營的華人。

講座分為公司類別選擇，合同，勞動法律問題，房地產及小企業稅收問題幾個部分，分別由Ropes&Gray律師事務所的幾位律師講解，講座最後有自由提問，全程由律師事務所王鋼橋律師把英語講解同聲翻譯成中文。講座含概了小企業創業與經營最基本的法律常識，中途也

不時有觀眾提出問題，律師們就法律理論的層面做出了解答。

Ropes & Gray是一家全球性的律師事務所，在倫敦，東京，香港，紐約，華盛頓，舊金山等世界各地都設有分行，很快會在上海新增一個分行。事務所有一千多名專

業律師，律師事務所與國泰銀行有著長期的合作，事務所有一千多名專業律師，服務對象涉及醫療器材、金融、生命科學等多個行業。

講座尾聲，國泰銀行區域資深副總裁兼總經理葉俊年指出5月19日下午6點，Ropes&Gray 律務事務所會再次免費會社區服務，提供一對一的免費法律諮詢，預約參加的人士可以與律師更細致地討論各自不同的情況與問題，地點會在華埠附近，具體位置暫時還沒有確定。Rope&Gray律師Darren Barham鼓勵大家積極參加一對一的免費法律諮詢，利用這次機會對法律知識更進一步的了解，希望通過一對一的諮詢，對小企業家的經營和業績提供進一步的幫助，鼓勵華人小企業家積極創業。

# 華埠治安委員會 召開例會



會議現場。(鍾彥攝)

【本報記者鍾彥】華埠治安委員會於2011年5月4日照常召開每月一次安全會議。會議總結了4月4日至5月4日期間華埠地段及附近地區的安全狀況。總體來看，對比2010年的數據，各種案件發生率減少，增加一起偷車案件。警官提醒華埠居民，單人夜間行走要更加注意安全，對於自己的財產和生命安全要更加重視，提高警惕。

會議由華埠治安委員會共同主席陳灼鑾(Bill Moy)主持。會議首先回顧了上個月會議的內容，再由警官Tom Lema分析和報告4月的各項數據。4月在華埠附近一共22起案件被偵破及抓獲有關犯案人員。有2起襲擊案發生，相比去年同期有6起；一起入室偷竊，一起搶劫，兩起偷車案，四起從車輛中偷盜案 (Larceny from MV) 以及一起拖車。交通情況4月一共有78起違規行駛，共開出249張罰單。另外警官指出29日有一起惡性案件，在漢堡王(Burger King) 與Boston Common地段，三罪犯拿刀傷人，5月3日經過一個星期的偵察三人均被抓獲。警官提醒居民，看到可疑人員要提高防范，保管好自己的財物，不要放在車內顯眼處，目擊可疑事件要及時匯報。

第二部分內容為華埠社區的各項活動情況宣布。塔夫茨醫學中心社區健

康計劃主任曾雪清表示，從5月6日星期五到10日，塔夫茨醫學中心醫護人員會在Washington Street罷工5天。麻省護士協會 (MNA) 是全國護士工聯會 (NNU) 的成員，全國護士工聯會因為擁有更多權利與金錢，曾經利用罷工等其他負面手法來向全國醫院施壓，以迫使醫院接受他們無理的要求。罷工是一個全國性的現象，全國護士工聯會已經在華盛頓，加州，賓州等各地進行罷工。雖然這次塔夫茨被選中，但醫院承諾會繼續提供高質量的醫療服務，確保病人的治療不被干擾。

海之味餐館 (Taiwan Cafe) 提出轉換經營執照的申請，營業時間與經營內容不變，但餐館的擁有權與營業執照申請轉給新的擁有者。辦公室與管理模式會有新的調整，Bill Moy表示會轉由華埠中國公會進一步詳談。

另外Memorial Day的周末會有籃球比賽，共有80隊來自全國各地的籃球隊伍參加，今年會在波士頓大學 (Boston University) 舉行。另外華埠王氏青年會5月7日星期六下午1:00-4:00有為社區小朋友提供免費健康檢查，衛生訊息，臉部彩繪及各種遊戲的活動。再有Emerson College畢業典禮於5月16日星期一舉行，鼓勵大家多參加社區活動。



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June 9

華埠新聞

美國亞裔婦女乳癌癌友工作坊



工作坊現場 (牛江河攝)

【本報記者牛江河報導】美國亞裔婦女乳癌覺醒專案 (Asian Breast Cancer Awareness Project) 主管黃千姬 (Chien-Chi Huang) 和塔夫茨醫學中心助理教授梁嘉慶 (Carolyn Leung Rubin) 於五月七號在波士頓華埠舉行了美國亞裔婦女乳癌癌友工作坊。

美國亞裔婦女乳癌覺醒專案是一個新的試驗專案，旨在麻塞諸塞州的大波士頓地區提供一個全面的，以社區為基礎的乳房健康/乳癌教育，強調乳癌早期篩選和治療。

亞裔婦女的乳癌問題是一個重要的，越來越被關注的公眾健康問題。從1988年到2005年，美國亞裔婦女浸潤性乳腺癌以每年約1.2%的比率增加。癌症是美國亞裔婦女的頭號殺手，而乳癌是其中最為常見的癌症。乳癌在所有美國其他種族群體中的死亡率都在下降，而與通常的誤解相反，美國亞裔婦女的乳癌死亡率卻在增加。國亞裔婦女乳癌覺醒項目希望幫助克服有限醫療資源的困難以及經濟、語言和文化的障礙。這個計畫裏有三個關鍵內容：1) 癌友人際網和癌友領導的發展；2) 提供醫療團體和社會服務機構員工一個培訓課程，讓他們能夠和亞裔患者作有效的溝通和提供更好的服務，3) 對一般亞裔民眾做有關乳房健康/乳癌教育。這相輔相成的三項內容將在亞裔乳癌癌友、幫助者和社區之間營造一個強有力的合作夥伴關係。

黃千姬就曾在不惑之年患了乳腺癌，由於在之後參加的自助會裏是唯一的亞裔，老公又是美國人，即使有亞裔朋友也患乳癌，也多半選擇閉口不談，因此曾深切體會到孤單無助的感覺，也因而萌發了幫助

亞裔婦女乳癌患者的想法。在Koman 基金會的支持下，黃千姬發起了這項美國亞裔婦女乳癌覺醒專案，其目的就是在社區中，喚起對乳癌的覺醒與認識，提醒彼此學習愛護自己的身體，打破乳癌的迷思，挽救更多的生命，為我們的母親、姊妹和女兒帶來希望。

這次工作坊就是對自願以自身的親身患癌經歷幫助其他癌友的婦女進行的一次培訓：講一個成功的故事。

講述的四個要點：1) 講你自己，而不是別人的故事；2) 以積極正面的態度講故事；3) 不必過多敘述治療細節；以及4) 強調早期篩查的重要性。

在故事的結尾處，要注意：1) 發自內心的說；2) 是什麼給了你希望；以及3) 講述事實、感受以及無畏的精神。

在分享的個人故事中，有位婦女說她得知噩耗時一夜都無法入睡，四點鐘就爬起來打電話；有位婦女認為“第二個意見”相當的必要；所有人都共識的是早早診察和取得社會支援非常重要。

工作坊開始前的幾個小遊戲非常有趣，它們讓與會者知道了其他癌友的名字、愛好以及性格，起到了“破冰”的作用，大家彼此熟悉、熱絡起來，為後來的個人故事分享作了很有效的鋪墊。

這次參加的婦女有中國的，越南的以及印度的。美國亞裔婦女乳癌覺醒項目歡迎更多的婦女參加，聯繫617 870 4056, and abcH2H@gmail.com。

此外，五月二十六號 (星期四) 9:00am-3:00 pm 在10 Independence Drive 還將有一個亞裔心理健康論壇，對之有興趣的人可聯繫978-788-7278。

五一勞動節，勞動遊行爭權益



華埠居民余仕昂在遊行中發言。(華人前進會提供)

麻州勞動組織聯合移民組織於5月1日發動遊行及和平集會，支持工人和移民權益。共有23個拉丁國家組織參與。波士頓華埠居民會及華人前進會約數十人參加。當日兩隊各數千人。由東波士頓中央廣場及艾弗特市，遊行至卻爾西市市政府廣場。路線約2.5公里。遊行隊伍高呼口號：爭取正義，爭取權益。移民權益就是勞工權益。讓沉默的多數人發聲。一起爭取公平合約。人人平等，沒有人是非法移民。美國是移民建立的國家。下午三時半，多人發表演講。主辦單位特別邀請余仕昂代表華埠講話。

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牛頓新聞



慈濟牛頓百人種樹 保護地球從身邊做起。(鍾彥攝)

慈濟牛頓百人種樹  
保護地球從身邊做起

【本報記者鍾彥報導】慈濟基金會波士頓聯絡處於4月30日 (周六) 早上6點至下午四點，在聯絡處牛頓市會址舉辦“百人種樹，環保愛地球”的活動。社區志工及親友一起動手，幫助地球減碳。這次百人種樹活動是為了影響地球月，積極鼓勵大家愛護大地之母，為子孫後代留下更美好的大自然。

慈濟為志工準備了樹木、種樹工作以及提供簡便的午餐。慈濟基金會波士頓聯絡處隸屬於紐約分會。慈濟在世界上四十六個國家都有分會，在美國有八大核心分會。志工何淑蓉表示今天的種樹活動紐約分會的志工紛紛響應、為改進生存環境作出自己的努力。大概有20位志工朋友今天特意從紐約來到牛頓一起幫助種樹。 志工應詩白指出，今天種的樹木有八種之多，包括中國紅木、楓樹、楊樹、榆樹、橡樹等等。今天來種樹的分為兩大隊，上午與下午兩批志工。這兩隊分別分為四個小隊分工合作種樹，各自

劃分責任區。

志願者年齡職業各異，有來自美國佛教慈濟中文學校的小朋友，教務主任長金滿表示小朋友年齡有長有幼，其中年紀最小的只有四歲。由志工應詩白介紹種樹應該注意的安全事項後，百人種樹由慈濟中文學校的小朋友一起種第一棵樹拉開序幕。小朋友們非常用心地把土填到小樹苗的根部，分工合作，很成功地種好第一棵樹。接下來隨著背景音樂的響起，四個小組分別開工。其他的志工負責把樹苗分發到各個小組。

各個小組志工通力合作，種樹進度比預期的要快很多。不到四點，所有的樹都已經種植完畢，並且完成的質量很高。面對著一整片未來的小森林，所有志工圍在一起，在“祈禱”的歌聲中，一起虔誠地為大自然祈禱。

波城 司徒賢律師專業事務所 華埠

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您曾在交通事故中受傷嗎？或有個人受傷的案件嗎？讓我們幫助您。  
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**\$200,000.00 和解**  
(一男子被車撞傷)

上述案件的賠償數目是基於他們的案情, 如果您有案件, 請電: 617-482-1553 查詢。

本律師樓為社區提供高質素, 高效率的服務, 我們經驗豐富並且理解中國人的需要, 受傷嚴重者, 律師可到府上或醫院提供諮詢 (受傷案件成功才收費)。

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司徒賢律師在全美十大法律學院，紐約大學畢業，是麻省、新紐澤西、紐約三州之資深律師。曾被香港（一報刊）、台灣（聯合報）、美國（世界日報）、(BOSTON GLOBE)、(SAN FRANCISCO CHRONICLE) 等有關法學報刊。

活動簡訊

華美福利會社區論壇

華美福利會將於5月25日(週三)中午12點至下午1點舉行社區論壇  現場將邀請麻省反歧視委員會主席Julian T. Tynes律師至現場演講。論壇主題為"了解你的權力，了解歧視法律"。活動地點為華美福利會會址：波士頓華埠泰勒街87號4樓。現場將提供中文翻譯以及差點招待。名額有限  請即報名。報名請洽617.426.9492  x312  或電郵rsvp@aaca-boston.org。

華美福利會成人英語免費英語班

華美福利會(87 Tyler St., 5th Floor, Boston, MA  02111)開設免費成人英語班，協助新移民就業或深造。申請者必須具備中等英語程度，持有綠卡或是公民，同時必須要能夠完成至少15周的英語課程。查詢電話(617)426-9492，分機318。

華美福利會2011週年籌款晚會

日期：6月9日(週四)  
地址：Boston Plaza Hotel, 50 Park Plaza at Stuart Street.  
時間：晚上6點為招待會；晚宴7點開始  
門票：\$150  
如要購買門票或贊助，請聯繫  Chealyn Tim  
電話：(617) 426-9492 ext. 212  或  
電郵  Chealyn@aaca-boston.org  
榮譽主席：  
波市市長萬寧諾  
企劃主席：  
Madge M. Meyer, State Street Corporation  
Cynthia J. Wachs, Boston Plaza Hotel  
2011年社區服務獎得主：  
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健康與財富系列講座

華美銀行與加斯林美國亞裔糖尿病研進會(Joslin Asian American Diabetes Initiative, AADI) 將於5月14日聯合舉辦健康與財富講座。此次講座主要涵蓋健康與理財兩大主題。聽眾將在聽取專業人士傳授健康養生之道的同時，還可學習到財富積累的基本常識，是一個兩全其美的好機會。華人醫務中心作為華美銀行的社區合作夥伴之一，也將到會，免費為現場聽眾進行高血壓檢測。加斯林美國亞裔糖尿病研進會的徐千田醫師（William Hsu, MD），為此次講座健康主題的主講嘉賓之一。他將主要就健康生活理念作以詳細的講解，如怎樣才算真正的健康，生活中需關注的方面，以及如何預防糖尿病及其併發症等。而加斯林美國亞裔糖尿病研進會的註冊營養師劉嘉曦（Karen Lau, RD）將會從營養學的角度，對生活中食物用料的選擇、烹飪，及飲用向您傳授簡單而又健康的飲食理念。此次健康與財富講座的時間和地點如下：2011年5月14日（星期六）下午1:00到3:30，於華美銀行波士頓中國城分行（地址為68 Harrison Ave, Boston, MA）一層會議室內舉行。詳情請致電  1-617-338-0489。

愛群早期教育中心及昆市小學合辦免費暑期公校幼稚園準備班

- 營期7/5-8/31，逢星期一至五，上午  8:30-6:30。歡迎4-5歲小朋友參加。
  - 符合聯邦的低收入標準  （孩子必需從未接受學齡前幼兒教育）
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kathy.choi@bcnc.net

中國文化演講會

中國文化演講會將於5月23日(週一)中午12點至下午2點在哈佛燕京(2 Divinity Ave.)，邀請陝西師範大學國際漢學院院長教授陳學超演講，題目為《漢字國際化的艱難歷程》。中文，免費。召集人：王德威，張鳳：changphong@gmail.com。

ATASK籌款音樂會

亞裔反家庭暴力小組(ATASK)將於5  月14日(週六)晚間8點與長木交響樂團（Longwood Symphony Orchestra)合作，於NEC的Jordan Hall(30 Gainsborough St.,Boston)舉辦慈善音樂會。演出者將包括獲得2009年青年音樂會藝術家國際試選中的獲勝者Charlie Albright，指揮為Lawrence Isaacson。這音樂會的最低建議捐款額為\$20。查詢詳情可洽Kozue Sawame, kozue@atask.org，或617.338.2350  x232。

波士頓亞裔房東講座

波士頓亞裔房東會將於5月14日(週六)晚間七點到十點在麻省理工學院(77 Massachusetts Ave, Cambridge)四號大樓，4-237室舉行本月份講座，講題為「校外承租-學生得知道的所有事」，「房東及房客紛紛-如何解決，如何保護你自己」。講座以英文進行，可提供普通話翻譯。九點以後中文討論。入場免費。

樂賓-文協國樂團獨奏音樂會

大波士頓中華文化協會國樂團將於5月14日(週六)晚間八點在勒星頓鎮Follen Church（755 Massachusetts Avenue Lexington, MA  02420）舉行文協國樂團獨奏音樂會。經甄選出來的該團優秀團員，將以琵琶、二胡、揚琴，以及中國打擊樂為愛樂者演奏。活動公開免費，查詢可洽陳志新老師617-782-3000，網址：www.chinesemusicensemble.com/

大學入學許可講座

紐英崙中華專業人員協會和勒星頓中文學校合作將於5月15日在貝爾蒙鎮(Belmont)

勒星頓中文學校(221 Concord Ave., Belmont, MA)舉辦兩場申請大學入學許可(College Admission Essay Workshop)的免費講座。這一講座邀請本身是專業寫作者，在塔芙茨大學教寫作的教授Grace Talusan講談。三點到三點五十分的講題為「成功申請大學許可的論文：給家有高中生的父母所辦講座」，四點到四點五十分的講題為「撰寫申請大學入學許可論文：給高中生的講座」。查詢詳情可洽Grace Talusan，電郵，grace@effectiveessaycoach.com，或電話617 359 5291，也可上網http://effectiveessaycoach.com，或www.neacp.org。

昆市亞協第四屆社區宴

昆士亞裔協調會將於5月20日(週五)晚間六點半至十點在昆市龍鳳酒樓舉辦第四屆社區宴。查詢詳情可洽昆市亞協。

MAP亞裔健康計劃十五週年慶

亞裔健康計劃(MAP for Health)將於5月20日慶祝十五週年，推出「MAP能煮(MAP can cook)」籌款會，將有兩組MAP的亞裔驕傲青年參與者競比，領隊者將是亞裔社區內的知名青年領袖，目前人選保密。MAP當晚還將頒發S. H. Chua社區認同獎(Community Recognition Award)給攝影家Anh o Kolbe，Karen Young 以及Genki Spark  亞美婦女表演團。門票七十五元，查詢可洽。

楊澍個展

劍橋市三佛中心將於5月21日(週六)下午4至6點，舉辦楊澍個人畫展開幕接待會。畫展將展至6月18日。地址：950 Mass Ave., Cambridge, MA=  電恰  617-547-6670

中華民俗藝術工作坊公演

中華民俗藝術工作坊將於5月21日(週六)晚七點在Regis College Casey劇院(235 Wellesley St., Weston, MA)舉辦年度公演。查詢入場門票詳情，可上網www.folkartboston.org，電郵info@folkartboston.org，或洽781-608-3971。

美中藥協紐英崙第十三屆年會

美中藥協紐英崙分會(SAPA-NE)將於5月21日(週六)早上八點半至下午五點半，在劍橋市MIT唐氏中心(Tang Center)王氏禮堂(Wong Auditorium)舉辦第十三屆藥物開發學術年會，主題為「科學與創新：開拓藥物研發與成功之路」，邀有2009年諾貝爾獎得主，哈佛大學醫學院遺傳學教授Dr. John Szostalk講談。查詢詳情可上網http://sapa-neweb.org/十元。

台商盃第十屆高爾夫球賽

新英格蘭大波士頓台灣商會和新英格蘭台灣青年商會、紐英崙高爾夫球協會合作，將於5月21日(週六)早上十一點起，在Ponkapoag高爾夫球場(2167 Washington Street, Canton, MA  02021, 781-401-3191)舉辦「慶祝建國百年台商盃第十屆高爾夫球賽」。比賽為四人一組(Scramble)，費用一百元，包括果嶺費、車費、晚餐及獎品。當晚五點半，將在荷花園餐廳(341 Cochituate Road, Framingham, MA  01701)享用自助晚餐，並頒獎。五月十日截止報名，查詳情可洽蔡明機  978-771-4125，mtsai78@gmail.com，或李庚仁  978-454-4687。

青少年中文歌賽

中國國務院僑辦、北京市人民政府、中華全國青年聯合會聯合主辦的2011年「水立方杯」海外華裔青少年中文歌曲大賽，已在海外各地開辦初賽。經複賽選出的優勝者將到北京參加決賽最後的優勝者將於8月8日在水立方和明星同台演出。波士頓地區由劍橋中國文化中心承辦，訂5月22日晚六點在該中心(411 Waverley Oaks Rd # 2 Suite 214 Waltham MA  02452)內初賽。報名費50元，年齡在14歲至28歲者，有資格報名。查詢可洽傅麗娜  emilica01@gmail.com，陶凱kaitao00@gmail.com。

文誠夏令營開放

文誠夏令營將於5月16日(週一)晚7點至9點  在478 Main Street,Winchester舉辦。一週為一期  從6月20日至7月29日之間開課  每天上午9點至下午5點。學費  中文全天\$280  半天\$168  美術和舞蹈全天  \$320  半天\$190  三者混合  \$320  。報名：617-447-3691黃老師  617-909-2497  張校長  網址  www.wscc-ma.org。

見證辛亥建國百年徵稿

紐英崙中華專業人員協會為「見證辛亥建國百年特刊」，即日起至6月1日止，向各界徵求關於過去這一百年中的辛亥革命、抗日戰爭、國共內戰、二二八、十大建設、政權民主轉移等等歷史、現世，「心中有話要說」的各類稿件，題目、體裁不居，散文、詩、評論、報導、老相片、剪報、打字或手寫稿均可，若為轉載文稿，需徵求原創作者同意，並註明出處。字數以2000-3000字為準，字體以12, MS Arial(英文)，或正體字中文。紐英崙中華專協保留刪改文稿權利，修改前會徵求當事人同意。獲選刊稿者，可獲專協會員資格一年。查詢可洽中華專業人員協會董事長王世輝，617-484-1375, Drwang123@gmail.com。

波士頓亞裔青少年交響樂團招生

小提琴老師楊捷和一批音樂愛好者刻正籌組「波士頓亞裔青少年交響樂團」，期以西方交響樂團演奏方式，演繹中國音樂曲目，並以音樂為橋樑，推動東西文化交流，鼓勵亞裔青少年參與社區公益活動，也為他們創造演出機會。凡居住在大波士頓地區的亞裔青少年都可報名參加考試，樂器種類包括大中小提琴，低音提琴，木管，銅管及打擊樂氣等。有意者可電940-595-9077，或  781-862-6861。電郵chinesestringtx@yahoo.com。

## 昆市新聞

## 碧毫藝術品賞會成功舉辦



「碧毫藝術品賞晚會」兩名共同主席梁戰士(左一)、梅沛傑(右一起)和昆士市市長柯奇(Tom Koch)、塔夫茨醫療中心執行長甄艾倫(Ellen Zane)、華人醫務中心執行長衛爾金(Eugene Welch)、昆醫代理院長John Kastanis等人。(鍾彥攝)

【本報記者鍾彥報道】昆士醫療中心於4月26日(週二)晚上6點至9點，在醫療中心中心麥考利(McCauley)大堂成功舉辦第三屆「碧毫藝術品賞會」。

今年的「碧毫藝術品賞會」相比往年，節目更加創新，以傳統亞洲文化的美食為主，參加的包括龍鳳酒樓，Fuji1546餐廳，Beni日本餐，Shabu打邊爐餐館，以及金門超市等等。他們為品賞會提供了精美而各有特色的亞洲食品，讓觀眾不僅大飽了眼福，更大飽口福。節目及藝術形式更是精彩紛呈，亞洲傳統藝術、攝影、音樂、服裝等都是今晚的重要項目。

今晚的藝術品賞會由Canton Musical Association的音樂表演拉開序幕，在嘉賓主持Sara Ting的詩詞朗誦中，眾贊助者和領導出席了品賞會，先有昆士市榮譽市長Thomas Koch，州代表Tackey Chan，項目的合作主席Jimmy Liang)和梅沛傑(Brian Moy)，還有昆士醫療中心目前的CEO John Kastanis，接著有品賞會的贊助商金門超市、華人醫務中心(South Cove Community Health Center)及塔夫茨醫療中心等等。



藝術家譚嘉陵當場書畫表演。(鍾彥攝)

晚會內容豐富，紐英倫藝術學會的畫作、攝影作品展示及無聲拍賣，同時現場有藝術家揮毫即興表演傳統藝術書法、國畫，還有中樂現場演奏。另有由GrandasiaBridalandFashions與DreaDesigns的模特兒表演日本中國式服裝走秀等等。在昆士市內開有Fuji1546、Beni餐廳的新任籌委會主席梁戰士品賞會上為觀眾現場表演打邊爐。碧毫品賞會接近尾聲時有Wah Lum Kung Fu和Tai Chi學院表演的舞獅引起陣陣掌聲，更是把品賞會推向高潮。

昆市醫療中心自1890年成立以來，一直向社區提供先進、高素質的健康護理服務。對低收入及沒有保險的居民給予幫助。醫療中心與政府部門、學校、商業及其他很多機構都有緊密合作，更好地為社區服務。這次昆士醫療中心舉辦這次活動，是為了贊助亞裔服務基金。隨著南岸地區亞裔人口的快速增長，各項社區服務如醫療翻譯、中英雙語印刷及健康資訊等，都需要大大地增強。當晚品賞會在大家欣賞中國傳統藝術的同時，希望爭取為亞裔社區爭取更多的贊助，籌得更多資金，以便更好地提高亞裔社區的各項設施與服務。

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